

ABSTRACT OF THE DISCLOSURE

An optical information recording medium of the present invention includes: a substrate with at least one selected from the group consisting of a groove and a pit formed on one surface thereof; at least one information layer provided on the surfaces of the substrate, the information layer including at least one selected from the group consisting of a recording film and a reflective film; a resin layer provided on the information layer; and a light transmission layer provided on the resin layer. The resin layer includes a first resin film and a second resin film disposed in this order from the side of the light transmission layer, and when a water absorption rate of the first resin film is represented by $A1$ and a water absorption rate of the second resin film is represented by $A2$, $A1$ and $A2$ satisfy: $A1 > A2$. The first resin film and the second resin film may have a different flexural modulus of elasticity.